

THE DEFENDER

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September 15, 2009

ST. MICHAEL'S COLLEGE, COLCHESTER, VT.

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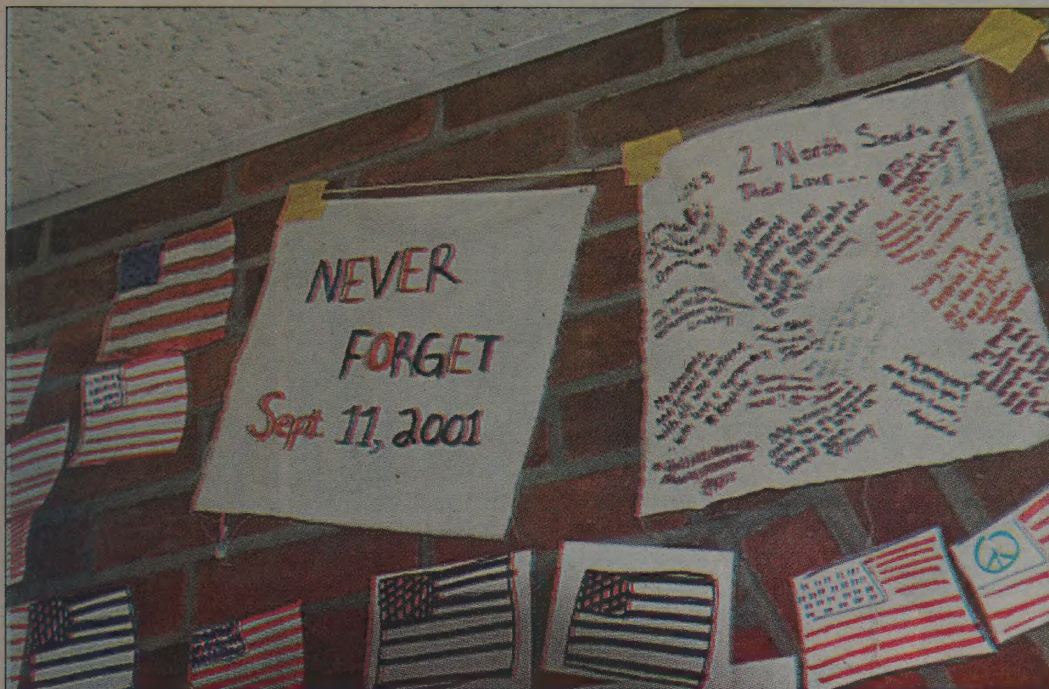


Photo by Lauren Menno

Conservative Club members printed 3,000 paper flags for people to decorate in commemoration of 9/11.

Conservative Club hosts 9/11 tribute

By AlexaRae Wright
News Editor

Three thousand paper flags hung on the walls of the St. Edmund's Hall foyer Friday, in memory of the lives lost eight years ago in the attacks on the World Trade Center, Pentagon and in a field in Pennsylvania. Students and faculty, led by the St. Michael's College Conservative Club, were encouraged to decorate and hang the flags to commemorate the tragic event.

Friday's Mass was dedicated to the victims, three of whom were alumni.

"There are three benches dedicated and gifted to the college in memory of alumni lost

on that awful day: John Iskyan, '82, Edward Fergus, '83, and John McErlean, '84," the Rev. Brian Cummings said in an e-mail. "All three worked at Cantor Fitzgerald, a company which lost many employees in the tragedy. The benches are around the chapel."

The Conservative Club is led by senior Amy Hennigan and junior Kris Perkins. They came up with this idea and executed it with their 18 club members,

"Each flag represents someone who died or went missing," Hennigan said. "We want people to remember the importance of the day. People forget. We need to remember the impact that it had."

Like many students and

faculty, senior Elise Nestor was surprised and impressed by the memorial.

"I think that it's a good idea because it's important that we don't forget what happened even though it's eight years later," Nestor said.

Members of the Conservative Club hoped to kick off the school year with an event that would bring the community together to focus on the lives that were lost.

"I don't know what our logic was. We wanted to make a statement," Perkins said, "to show that this is a political club, but this is a national event that everyone should come together for."

New equipment added to weight room

By Matt DiVenere
Sports Editor

The Tarrant Center weight room has recently been given a face lift that includes eight new cardio machines, three free-weight racks and a new layout to the free-weight area.

"The last couple years we have brought up that we need new equipment in the fitness center," said Zafir Bludevich, St. Michael's senior associate athletic director. "This year the institution recognized the need, and we were able to spread the wealth through-

out the fitness center."

St. Michael's was able to receive the budget needed for the upgrade due in large part to a survey circulated around campus at the end of last year. With the help of the survey and the majority of the 21 varsity teams, the fitness center received the funding for major equipment purchases, Bludevich said.

John Donoghue, the facility's director, played an important role in the renovations.

"The athletic department and the institution realized that the fitness center is an important area,"

Donoghue said. "We want to be able to provide a fitness center that is up to date and maintained so that the students don't have to go off campus to work out."

The upgraded cardio equipment include: three Cybex arc trainers, cardio machines that combine the elliptical and Stair Master; a recumbent bicycle; a standard bicycle; and three Schwinn Airdynes, which come highly requested from many of the varsity sports teams. In the

See TARRANT, Page 3

McCarthy undergoes heating, AC renovations

By Rob Zodda
Executive Editor

The McCarthy Arts Center is undergoing renovations estimated to cost just under \$800,000. Work on a new heating, ventilation and air conditioning system began in early August and is expected to last until November.

After experiencing problems with the old system two years ago, the college decided it was time for an upgrade.

"The original system was more than 40 years old. It way outlived its useful life," said Jim Farrington, campus architect and building designer.

The college collaborated with Efficiency Vermont to find a solution that would be economical and eco-friendly. The new system is expected to be much more efficient and save thousands of dollars in electrical and fuel costs, Farrington said.

The five existing zones will be made into two larger ones, adding a cooling zone backstage, where overheating was often a problem,

"Saving energy is a no-brainer. It's financial, it's green, it's everything," Farrington said.

However, the renovation means all classes usually held in McCarthy had to be moved.

"It's definitely a challenge," said Nat Lew, associate professor of music and director of the college Chorale and Chamber Singers.

Music groups are practicing

in Jeanmarie Hall, the sports center, the upper room of the chapel, and the Elley-Long Music Center on North Campus.

"Finding practice space, that's where the enormous challenge is," Lew said.

Despite the relocations, Lew, whose office has been moved to North Campus, is glad the renovation is taking place.

"Before, there was a terrible air system. The downstairs was very hot and the upstairs was very cold," he said, adding that these temperatures unpleasant for musicians and harmful to instruments.

In the meantime, R.A.s have been asked to be patient, as many students will be practicing instruments in their dorm rooms, Lew said.

Peter Harrigan, chairman and professor in the fine arts department, who has sometimes worn gloves to class, is also excited about the new heating system.

However, he said that because of the relocations, new students might not get a feel for the department until the spring.

"It's harder for new students because McCarthy is sort of a hangout," he said.

With the exception of the fall performance, all events that usually take place in McCarthy will be pushed back until the spring semester.

"The silver lining here is that the fall production will be at the Flynn Space, downtown, which is a delightful change," Harrigan said.

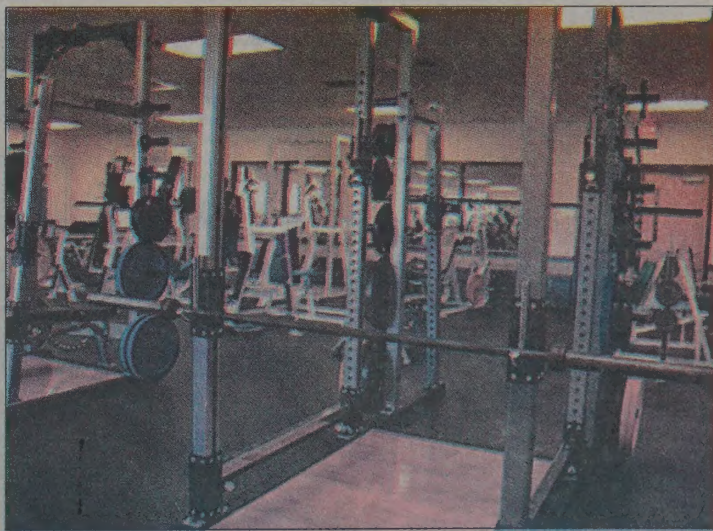


Photo by Miranda Jonswold

New cardio equipment and weights make the Tarrant fitness center a more modern place to exercise.

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New Trainer
Jim Murdock is the new athletic trainer on campus.
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Sisters Unite
Dalton sisters play tennis together as Knights for the first time.
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NEWS

THE DEFENDER & the Echo

*The student publication of St. Michael's College***Rob Zodda**
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David Walsh

CONTACT INFORMATION

Phone: (802) 654-2421 **E-mail:** defender@smcvt.edu
Mail: St. Michael's College, Box 275, Colchester, VT 05439
Office: Bergeron 114 **Printed by:** The Plattsburgh Press-Republican
Web site: www.smcvt.edu/echo

CORRECTIONS & CLARIFICATIONS

The Defender and Echo strive for accuracy. If you spot a factual error, please let us know by sending a note to defender@smcvt.edu.

MISSING NAME: John Ubersax's last name was accidentally omitted from the story "Looking Forward" in the Sept. 1 Orientation Issue.

MISSION STATEMENT

As the editorial staff of The Defender, the student-run newspaper of St. Michael's College, we strive to accurately, professionally and ethically report the news affecting the lives of students and the community.

The Defender is a designated public forum. Student editors make all content decisions. We believe in the freedom of expression. We encourage our readers to express their views at any time.

The Defender publishes letters to the editor in response to articles that we have printed in the paper and issues on campus. The Defender does not publish anonymous letters. Letters will be edited only for grammar, spelling, good taste, and sometimes length.

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MULTIMEDIA

- Palm Sunday Mass
By Laura Hartman
- Inside the Pomerleau Center
By Charlie Donahue
- Global Eyes photography exhibit
By Jade Cszmesia

TOP STORY

News Features Sports Naked

S.A. silent on finances
Constitution ignored; records still not released
(read more)

MORE STORIES

- Education Secretary Arne Duncan to address grads
Cabinet member, former Chicago schools chief to speak at commencement
- State approves same-sex marriage
The House overrides veto with 100-49 vote
- Straight men kissing?
Eric Anderson talks about the future of male interaction
- Hundreds of newspapers missing, returned hours later
Copies of The Defender temporarily disappear in advance of Family Weekend
- BLACKOUT: Behind closed doors at ACT 1
ACT 1's voluntary program shelters overly drunk people

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SECURITY LOG

THE NAKED OPINION

- this week's theme: PET PEEVES
- more on Asher Roth
- Photo Gallery: Lupe Fiasco performs at SMC

This week's Defender PDF download:
THE DEFENDER



Photo by Lucia Suarez

Senior Josh Britch and junior Katherine Hackett attended the counterprotest of the Westboro Baptist Church on Sept. 1. The group came to Vermont to demonstrate against same-sex marriage.

SECURITY LOG

Excerpts from Sept. 2-10, 2009, Security reports, provided by St. Michael's College Office of Safety and Security

Sept. 2

6:10 a.m. Medical assist, Cheray Science Hall
5:50 p.m. Vandalism, TH 400
6:59 p.m. Medical assist, treatment refused, Alliot Hall

Sept. 3

10:57 a.m. Medical assist, Cheray Science Hall
10:59 a.m. Medical assist, Cheray Science Hall

Sept. 4

3:33 p.m. Motor vehicle accident, college vehicle
11:22 p.m. Drunkenness, Joyce Hall
12:39 a.m. Burglary, TH 200

Sept. 5

12:33 a.m. Drunkenness, Ryan Hall
6:42 p.m. Vandalism, student property, TH 100
11:51 p.m. Assist, tennis courts

Sept. 6

12:04 a.m. Medical assist, TH 200
12:10 a.m. Drunkenness, Ryan Hall
12:57 a.m. Drug violation, Ryan Hall
1:27 a.m. Medical assist, Doc Jacobs Field
1:39 a.m. Drunkenness, TH 300
2:10 a.m. Medical assist, Joyce Hall
10:07 a.m. Assist, Tarrant Center
7:27 p.m. Vandalism, Founders Hall

Sept. 7

8:43 a.m. Larceny/theft, TH 300

Sept. 8

1:00 p.m. Larceny/theft, Canterbury Hall
2:37 p.m. Medical assist, Cheray Science Hall

Sept. 9

6:07 p.m. Medical assist, Lyons Hall

Sept. 10

11:24 p.m. Liquor violation, TH 300

NEWS

Citizens convene for a safer community

Essex residents assess firearms ordinance in wake of shootings

By Kathy Ward
Features Editor

The Essex Selectboard has created a citizen task force to assess the current firearms ordinance in the wake of several shootings. Members have spent the past months debating the validity of the regulation.

"We have a no-discharge area amongst heavily populated areas," Essex Town Manager Pat Scheidel said. "Vermont is a hunting state; you can chase the whitetails and the wild turkeys."

John Reiss, a former St. Michael's College professor, was killed when he was shot through a window in his home during an apparent target practice accident.

Last year, Essex Police Chief Leo Nadeau presented six possible changes to the ordinance or the way it is enforced in reaction to Reiss' death. However, the town decided to leave the ordinance unchanged.

"The Selectboard was pressured to take bolder steps," Scheidel said. "They will appoint a committee of hunters and nonhunters to review the ordinance in order to get a balanced recommendation."

In the weeks after Reiss' death, gun enthusiasts and others argued for and against

Firearms Ordinance Task Force

The Essex Selectboard seeks 5-7 town/village residents to generate ideas and to study the firearms ordinance in order to make recommendations to the board on whether changes need to be made. The task force will consider the following proposed changes:

- ▶ Shooting outside the "No Shoot" zone be restricted to shotgun use with no single-projectile load.
- ▶ Expand the "No Shoot" zone to include that area between Old Stage Road and Chapin Road, north to the town line. This expansion contains Chapin Orchard, the portion of the Essex golf course east of Old Stage Road and the Matthews farm.
- ▶ Expand the "No Shoot" zone to include that area described in No. 2 and that area west of Old Stage Road encompassing the golf course.
- ▶ Encourage concerned residents to post their property in accordance with VSA Title 10, Chapter 113, § 4710.
- ▶ Any combination of Nos. 1, 2, 3 and 4.6. No shooting allowed in the entire town of Essex. It is expected that this work should be accomplished no later than two months after the initial meeting.

— Source: Essex Web site

tighter restrictions on shooting in Vermont. The Selectboard is not required to act upon the task force's suggestions.

"They can accept it, reject it, amend it or table it," Scheidel said.

Selectboard member Linda Myers was grateful for the community's ideas and will take the recommendations from the citizen

task force seriously, she said.

"We are anticipating probably seven participants," Myers said. "We published around town, and applicants each wrote a letter."

Myers said it will be the participants' job to assess the firearms ordinance and evaluate Nadeau's proposals. So far, 24

community members have shown interest in joining the task force, hunters and non-hunters alike. The Selectboard were to interview applicants Sept. 15.

"I personally feel that if the members come up with a seventh suggestion that appealed to us, I would not be opposed to adding it," she said.

Essex residents were advised to post no-shooting signs in their yards as a precaution, Myers said.

Essex resident Rachelle Leggett recently put up a no-shooting sign in her yard. Leggett does not want to join the task force but felt it was an important step for the community, she said.

"My husband enjoys hunting as a sport and is extremely cautious," Leggett said. "After the tragedy last year, I became concerned about how close to my house people would be able to target practice."

Scheidel agreed with Leggett that Vermont is a popular hunting state and that creating a no-hunting zone would be met with harsh rejection.

"The focus here is what is it the town can do," Scheidel said. "The Selectboard has the ability to expand and contract the no-shooting zones, but they cannot stop the violators."

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6. **Asian Thai Chicken**
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Marinated Chicken Breast	Freshly Chopped Garlic
New England Baked Ham	California Black Olives
Anchovy Filets	Sweet Hawaiian Pineapple
Fresh Plum Tomatoes	Marinated Artichoke Hearts
Freshly Cut Broccoli	Italian Gorgonzola Cheese
Fresh White Mushrooms	Greek Feta Cheese
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News



Photo by Lauren Menno

New movable shelving for bound periodicals is one of the additions to the library.

Changes to Durick Library include Kindles and new shelves

Additions make library easier for guests to use

By Lucia Suarez Sang
Managing Editor

Summer renovations to the Durick Library have made it more welcoming and easier to use.

Before the renovations, shelves with magazines and academic journals greeted visitors. Workers from the Facilities Department have created a casual seating area with new chairs and couches.

The space was created by removing the tables, and the stacks were moved a few feet down, said Michael Arena, circulation senior specialist.

The changes in the front, which are the most visually impressive, came about during a meeting between John Payne, director of Library and Information Services, and the Academics Committee.

"Someone in the Academics Committee suggested it in an off-hand comment, and it kind of stuck in my mind," Payne said.

He added that funding for new furniture was an issue but it worked out well that the Facilities Department had some money to purchase new furniture for different parts of campus.

Although the library makes changes every year, the renovations from this summer were more dramatic.

"This wasn't all one big change; this was just several changes that just happened to fall at the same time," Payne said.

The biggest structural change is the movable shelving in the basement, Payne said. It's something the library has been requesting for several years as library space was becoming tight.

"If you walked around last year, especially in the second floor, and looked at areas like the women's studies section," Payne said, "we were literally running

out of space."

The beauty of compact shelving is that it allows the library to fit more books, Arena said. With traditional shelving, a lot of space is wasted because space is lost for aisles; with compact shelving, much of the space is used.

Books were being stacked on top, and before long they were being stacked on the aisles, Payne said. School administrators approved the budget to get the shelving, and it means the library will not have space issues for another 10 years, maybe more.

The library also purchased three Kindle electronic reading devices, which use electronic copies of books purchased online. The purchase of these Kindles began as a pilot project by the Department of Academic Affairs.

"It's an experiment to see how well it works," Payne said. "The (Learning Language Resource Center) purchased three last year, and they have been really popular."

Each Kindle has a different theme: the environment, peace and justice, and gender studies. To determine which books would go into the Kindles, the library contacted Kim Swartz, director of the Center for Women and Gender; Laurie Gagne, director of the Peace and Justice Center; Heather Ellis, sustainability coordinator, and David Landers, psychology professor.

"We tried to pick some areas that were both very much in the curriculum and things students, faculty and staff were interested in," Payne said.

Although there are no physical changes are in the near future for Durick Library, the staff is trying to move toward staying open until 1 a.m. instead of midnight.

"Midsemester, 20 or 25 students have to leave when it closes are midnight," Payne said. "So we would like to give them another hour."

TARRANT: Equipment upgrades in weightroom

Continued from Page 1

free-weight room, two new half racks, one full super rack, a new bench and a full set of Olympic plates and platforms have been added.

"Every gym has a theme, and ours is a general fitness center that has enough equipment to please everybody," Donoghue said. "With the equipment that we have available, you can definitely create a great workout."

Senior men's hockey player Tim Geverd collaborated with Donoghue and Bludevich on the purchase of the new equipment.

"We had started a petition last year, passed it through all of the varsity sports teams and then went to other students, faculty and staff in order to get somebody's attention for new equipment," Geverd said. "By the end of it, we had around 300 to 400 total signatures for new equipment." Geverd was frustrated with the lack of space and equipment in the fitness center.

"The free-weight racks were definitely sub-par," Geverd said. "When you want-

ed to use a cardio bike, it was a hit-or-miss on whether it would work or not."

Sophomore Sophie Hamersley has enjoyed the recent improvements to the cardio area.

"I really like the new cardio equipment, especially the bikes with the fans on them," Hamersley said. "Overall, it's definitely better than last year."

The new equipment has received nothing but positive responses, Geverd said. But some students say there is still room for improvement.

Senior Brendan Conroy, a frequent user of the free-weight area, says the area feels a bit crowded.

"A lot of the old equipment is getting in the way, but at least we finally got new stuff," Conroy said. "The (free-weight) area is a lot nicer with the upgrade."

"The changes in the fitness center aren't finished just yet," Bludevich said. "We're going to plan on changing the carpet floors to a more rubberized surface between semesters as well as add other equipment pieces that haven't been delivered yet."

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OPINION

Editorial

Can't stop progress

Since we left campus in May, a number of changes have taken place. Some of the most noticeable upgrades are in the gym. Thousands of dollars in new equipment wait to combat the freshman 15 (or 40, as will be the case for a few of you).

For those who choose to exercise their minds instead, the library has also seen several changes. A new seating area was created, and moveable shelves allow space for more volumes without the high costs of new construction. Kindle eBooks are now available at the circulation desk as well as the Language Learning Resource Center. An impressive donation of over 1,100 volumes from John Morton Blum, a prominent historian, will also grace the shelves.

North Campus residents will be happy to hear about the new dining options in Sloane Hall, and

“By not striving for improvement, the college would be doing a great disservice to its students, faculty and potential applicants.”

musicians and thespians alike will be relieved when they don't have to wear gloves while rehearsing in McCarthy Arts Center, due to the new heating and air-conditioning system.

Although some polls indicate that the economy is improving, right now it's still pretty scary. Recent grads search desperately for

jobs and Burlington storefronts remain empty. Although the economy has forced St. Michael's to take a closer look at its expenses, it has not stopped progress on campus. It's comforting to know that our school is able to prioritize and focus its efforts where we need them (with the exception of a few strategically placed mounds in the 300s).

Of course, one could argue that now is not the time for too many changes, and that new gym equipment isn't exactly a top priority. However, by not striving for improvement, the college would be doing a great disservice to its students, faculty and potential applicants.

The Defender staff looks forward to many more positive changes throughout the semester.

PHOTO OF THE WEEK



Photo by Molly Barrett

Rachael Rice, program manager from Recycle North, dons a hat made from recycled materials at the South End Art Hop on Sept. 11. Go to www.smcvt.edu/echo to view a multimedia presentation about the Art Hop.



Letters to the editor

What's your view? Send letters of 250 words or less to the editor on any subject related to St. Michael's College by e-mail at defender@smcvt.edu.



THEME OF THE WEEK: FIRSTS & LASTS

My last firsts

Hi, I'm Molly, and I suffer from a severe case of Not-Learning-From-My-Experiences-ism.

It is a personality quirk that I have only recently realized. When I have a really wonderful experience with something, I'll almost never do it again. It probably stems from an irrational fear of "tainting" a fantastic memory with one more mediocre.

Proof: I went to Girl Scout camp when I was 12, had the time of my life belting out nonsensical songs, shoving my face with s'mores, and crafting dream-catchers 'neath the cerulean Vermont sky. Never went back.

NAKED
EDITOR



Molly
Barrett

Proof: If I find a book I love, I'll almost never reread it. I'll keep the beloved book close at hand, lugging it with me wherever I go with no intention of reading it, just keeping it as a mere reminder that I once loved the book.

Proof: Last summer I worked as a camp counselor, basically the only job I've ever liked and been good at. Instead of returning this summer, I lived in Burlington and worked at Dunkin' Donuts (in my defense, this particular employment was unplanned on the onset).

Painful things like prom and AP classes, however, I repeat with reckless abandon. I seem to have this inner "life is suffering" mantra ingrained in me somewhere

that allows me to do again and again difficult and non-fun activities. Not to say that I *enjoy* these things, but perhaps I just assume that it is part of the natural order to drudgely accept one's share of unpleasant experiences (Proof: How many episodes of Dawson's Creek have I watched, cringing every time James Van Der Beek opens his mouth? How many times have I downed a pot of coffee right before going to bed, resulting in an infuriating case of insomnia? How many times have I settled for canned tomato soup instead of trying a new recipe?).

The first time I went snowboarding, I was fairly decent and enjoyed the rush that came from incrementally sliding down the bunny hill between bouts of falling on my butt. I really had a great time, but... I haven't gone since then. In contrast, I danced for twelve years, but most definitely did not enjoy it for twelve years. Then there was that time that I made (truly) the most delectable lemon squares in the world, but I don't make those anymore. Instead, I'm stuck on this horrible recipe for these green "melt-away" cookies that make you feel like you are eating paste.

If anyone can explain my bizarre habit, please let me know. I'm trying the twelve-step recovery program, but I can't get past the first step of admitting I have a problem. Going to the meeting was great; I know I won't go again.

Molly Barrett is a senior journalism major. You can reach her at mbarrett@smcvt.edu



Photo from flickr.com

Memorable first: Fenway

Throughout our lives we experience many different kinds of "firsts": a first date, a first car, and a first day of school, just to name a few. However, in my lifetime, the one "first" that will always remain a vibrant memory will be the first

major league baseball game that I attended.

TECH
EDITOR



David
Walsh

I frequently went to Fenway Park, home of the beloved Boston Red Sox, while I was working this summer. I couldn't help but notice the number of small children wondering around Yawkey Way and Lansdowne St. At this point I really began thinking about my first experience at Fenway Park.

When you are a kid, going to your first baseball game is a rite of passage. I still have vivid memories of walking into the legendary Fenway Park. It was a hot day in June when the

Red Sox were playing against the Detroit Tigers. I followed my older brother, Sean, and my Uncle Billy to our seats with a hot dog in one hand, my baseball glove on the other, and an oversized Red Sox hat coming down over my ears.

Nothing can quite replace that moment when you walk out of the dark tunnels of stadium and out to your seat. You have to wait for a minute for your eyes to adjust to the sunlight, but that makes the gradual revelation of the field that much more impressive. Possibly the most vivid memory of all is when I saw the legendary Green Monster for the first time.

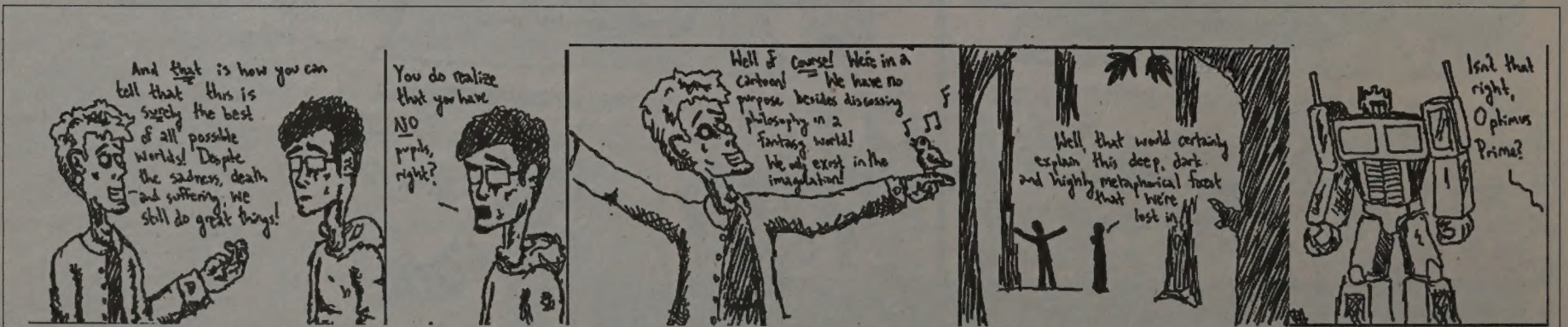
All week I had listened to my family talk about the Green Monster, and I didn't really know what to expect. I was only 6 years old after all. To be honest, I was quite nervous, as would be any other little kid who heard the word "monster." Although it was just a giant green wall, I can still remember feeling so much smaller as I stared in awe of the giant green mass.

We went and took our seats

in one of the sections right along the first baseline and waited for the game to begin. The energy I feel when I go to a baseball game is a unique energy that I have not been able to duplicate at any other event. Perhaps it is the warmth of the summer sun on your face or maybe it is the smell of a ballpark hot dog or maybe it is even the sound that you hear when a batter makes contact with a pitch. I have spent my entire life trying to figure out what it is but to this day have been unable to put my finger on what makes the atmosphere so special. Perhaps that is a mystery that is just better left unsolved.

There are few things in this world that can compare to the sights, sounds, and smells of a major league ballpark. Whenever I go to a ballgame, no matter where or what level of competition, those characteristics always bring me back to when I experienced my first major league baseball game.

David Walsh is a senior journalism major. Contact him at dwalsh@smcvt.edu



Comic by Peter Hudson '11

THE NAKED OPINION

Half a mile from Founders

A frog among the duckweed in the Biology department's experimental ponds; photographed on the first day of classes.

Declan McCabe is an associate biology professor. Contact him at dmccabe@smcvt.edu



Photo by Declan McCabe

Taking Woodstock: Take it or leave it

Director Ang Lee takes on a coming-of-age story set during those iconic three days of peace, love and music 40 years

NAKED EDITOR



Jacqueline Cain

ago? That sounds right up my alley. I knew relatively little about "Taking Woodstock" before buying my ticket at the Roxy, only that it was a film based loosely on the true story of how the Woodstock festival came to Bethel, NY in 1969, and that weird sketch comedian Demetri Martin was starring. I assumed I would enjoy it because I love Lee's

beautifully filmed romance, "Brokeback Mountain," I love stoner comedies, and I somehow thought "Taking Woodstock" would be a hybrid of those two genres. Knowing a little bit of Demetri Martin's comedy and a lot of music for which Woodstock is famous, I was pumped for the show.

And I was disappointed. For one, it was not funny (though now that I think of it, I was not stoned). It was actually boring. Honestly, every character was a clear-cut cliché. There was a flipped-out 'Nam vet. There was an overprotective Jewish mother, who also happened to be money-grubbing. Jim's dad—I mean Eugene

Levy—plays a well-meaning good guy who spouts advice and offers a naïve teenager a helping hand. Yawn.

The music was almost nonexistent. I noticed during the opening credits that Danny Elfman composed the original score. Interesting on two accounts: I assumed that Woodstock itself would have provided the score, and also because I know Danny Elfman best for composing the creepy soundtracks for Tim Burton films.

"Taking Woodstock" is sprinkled with some tunes played at the original festival, but only as background music. Nothing was featured prominently enough to be recognizable to me, and there were no awesome concert scenes to speak of. Martin's character Elliot barely makes it to the music himself; he keeps getting held up in trippy acid-dropping scenes à la "Dazed and Confused," "Across the Universe," and "Knocked Up," or by awkwardly discovering his sexuality, like in "Almost Famous," "Superbad," or "The Goonies."

The Roxy is a great place to see films because they offer a student discount. I feel less like "Taking Woodstock" was a waste of my time after only spending \$7.25 to sit through it.

Jacqueline Cain is a senior journalism major. You can reach her at jcain@smcvt.edu

Upon the 200s mound at 8 a.m.

Toilet paper hanging in tree branches without the music still slowly dances. Thousands of beer cans thrown across the lawn—I walk through the abandoned scene and yawn. The cause of this tragic show will never see the work of its drunken behavior because the school hires people to clean the results of last night's stupefied scene. At eight a.m. most are comatose still their townhouses filled with beer cans and swill. The night before wasted bros and hoes dance; drunken hookups and many lose their pants, women objectified and no one cares; Potheads in their houses with empty stares. St. Mike's Private Catholic Education will bring our fried brains much liberation. Yet every weekend this debauchery—destruction, damage, stolen property. Reality comes closer and unfurled as we prepare ourselves for this "real world."

GUEST CONTRIBUTOR



Erin DeBernardi

Erin DeBernardi is a senior English major. Contact her at edebernardi@smcvt.edu

THE NAKED OPINION

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• PHOTOS, POEMS, (and MORE!)

FEATURES

Campus

SPEAKS

What is one thing you want to do this year?



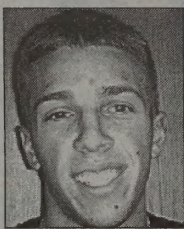
"I want to work with MOVE."

Saja Willard, '13



"Have a field party at my house."

Greg Tatro, '10

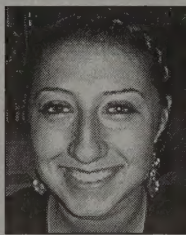


"Attend all Nate Birr's basketball games."

Nick Anti, '11

"Never graduate."

Amanda Matonis, '10



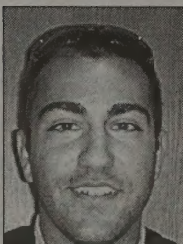
"Create inspiring artwork."

Scott Muff '11



"Pretend I'm an R.A. and scare freshmen."

Ben Pullar, '11



'St. Mike's White' hoax

NO PAINTING !



RESIDENTS WILL BE ASSESSED A \$250 FEE FOR ANY ROOM/SUITE/TOWNHOUSE THAT IS PAINTED (PLUS ANY STANDARD DAMAGE CHARGES)

Residents who attempt to restore the room to its original color will be assessed an additional fee of \$250.

By Order of the Facilities Department and Residence Life Office

By Lauren Menno

Flyers are put up over dorms and townhouses to warn students of the penalties of paint rooms this year

Local hardware stores sell incorrect paint

By Madeleine Cave
Fact checker

Every spring, St. Michael's students head to the local Lowe's or Home Depot to purchase a paint color labeled "St. Mike's White." If there's a painted townhouse or a permanent-marker-covered dorm room, students always need a quick fix to get out of room charges.

Senior Zach Jandl has been painting the residence buildings at St. Michael's for the past two summers. He heard about "St. Mike's White" from his resident assistant during his first year at St. Michael's.

"He had told us that local hardware stores had a specific color to match St. Michael's dorm rooms," he said.

"St. Mike's White" doesn't actually match, Jandl said.

"After the first week of painting at St. Michael's two summers ago, I noticed that we used a number of different color codes corresponding to specific buildings," Jandl said. "When I asked my crew leader, he said that he'd never heard of 'St. Mike's White,' but that there was certainly no single color that could match all the dorms at St. Michael's."

The paint usually comes from ICI Paint, but the school also has the capability to tint its own paint and mix up its own colors, he said.

There are times when St. Michael's staff can tell if a room has been repainted the wrong color.

"It's generally pretty easy to tell," Jandl said. "Most of the time students will try to re-

paint a certain area of the room. In that case it's just a matter of walking in the room and seeing the mismatched paint."

Resident buildings at St. Michael's College painted a variety of colors making it difficult to match paint.

"It's tough to remember all of them," Jandl said. "I know that the 400's and Hodson are the same. 200s and 300s are the same."

He said Founders and Ryan are the same color, as well as all of the buildings on North Campus.

"If we don't know the right color to paint it back then it's not really worth it."

Victoria Calogero
class of '10

Students in the past have relied on "St. Mike's White" to touch up blemishes from the year. Senior Madeline Lena used "St. Mike's White" for her Canterbury suite last spring.

"We had permanent marker all over our wall; and we didn't want to get charged, so we went to Home Depot," she said.

It worked for them, Lena said, but it wasn't completely successful.

"We did three layers on the walls and you couldn't see the permanent marker anymore, but you could tell we painted a different color than the original walls," she said. "We still got

charged, but not as much as we would have."

Lowe's and Home Depot both make the paints to order, Lena said, but they just decided on getting "St. Mike's White."

"Next time around I'd probably bring my own sample for them to make," she said.

Senior Victoria Calogero wanted to paint her 300s townhouse, but was turned off when she heard "St. Mike's White" wasn't the right match.

"Since freshman year I've seen the senior townhouses and apartments painted different colors," she said. "It's always been something I've been looking forward to senior year. If 'St. Mike's White' doesn't match our buildings, then I wouldn't want to paint and still get charged."

This year, students are worried about the charges they'll receive for painting in general.

"It's worse this year because we get charged \$250 on the spot for painting, so if we don't know the right color to paint it back then it's not really worth it," Calogero said.

An employee at a local department store that carries "St. Mike's White" said they originally got the color from a St. Michael's student who came in with a chip from his wall. The store matched it and dubbed the color "St. Mike's White."

Employees from both Lowe's and Home Depot declined to comment on the popularity or legitimacy of the paint color for public relations reasons.

FEATURES

HOROSCOPES

Weekly astrological predictions by Mia Weber

VIRGO: (Aug. 23-Sept. 22)

Don't start the semester off by spending too much time creeping in Alliot; use Facebook to creep in privacy.

LIBRA: (Sept. 23-Oct. 22)

Your reputation for fairness is holding you back. Take sides and burn bridges this week.

SCORPIO: (Oct. 23-Nov. 21)

You have one task this week: Watch out for swine flu. Seriously.

SAGITTARIUS: (Nov. 22-Dec. 21)

Take a cue from fellow Sagittarius Britney Spears and be "like a firecracker, make it hot."

CAPRICORN: (Dec. 22-Jan. 19)

It's not your fault that you are universally adored. Just accept it and get used to life as a campus celebrity.

AQUARIUS: (Jan. 20-Feb. 18)

Despite your best intentions, it is not a good idea to get that kitten for your dorm room; it will most likely give you ringworm.

PISCES: (Feb. 19-March 20)

If school doesn't seem to be working for you right now, try auditioning for a reality show. (I hear they're casting for "Real Housewives of Colchester.")

ARIES: (March 21-April 19)

You've been looking for love in the all the wrong places; try the 100s instead of the 300s this weekend.

TAURUS: (April 20-May 20)

The unwashed, rugged, wilderness look was fine for summer, but it's time to shower and comb out those experimental dreads.

GEMINI: (May 21-June 20)

Do your friends a favor and rethink setting "Party in the USA" as your ring tone.

CANCER: (June 21-July 22)

We all know you were affected by Michael Jackson's death this summer. Don't be afraid to verbalize your feelings.

LEO: (July 23-Aug. 22)

Sassiness can be a virtue, but don't blow it by engaging in debates about unfamiliar subjects (there's a fine line between sassy and annoying).

Social Justice League unites

New campus group rallies for change



Photo by Lucia Suarez

Members of the Social Justice League in Isle LaMotte, during their retreat on Aug. 22.

By Mia Weber
Features Editor

Standing up for change, equality and diversity is a common goal for many clubs at St. Michael's; it is also the mission of the newly minted Social Justice League, an umbrella group recently formed to bring together club leaders on campus.

Emerging from a summer retreat energized and inspired, the League made their debut by organizing a counter-protest of the Westboro Baptist Church, a group claiming to oppose homosexuality, many religious groups, and America.

On Sept. 1, a group of about eight students attended a counter-protest of a protest staged by the controversial Westboro Baptist Church at the University of Vermont, said junior Anne Marie McNeil.

McNeil heard about the Westboro Baptist Church's plan to protest UVM's Jewish organizations and Center for Multiculturalism at a town hall meeting in Peacham.

"(The Westboro Baptist Church) is basically a hate group. They hate Catholics, they hate Jews, they hate gay people, they hate everyone," McNeil said. "Right before (the protest) happened, we had a meeting of the Social Justice League and let

"It's important to be in communication with each other so all these causes can go toward something that affects everyone."

Kate Bailey
Social Justice League Leader.
Class of '11

everyone know what was going on."

Because the Westboro Baptist Church is so vocally opposed to many groups, it was an ideal way to jump-start the mission of having club-to-club crossover, junior, Kate Bailey said.

"It's important to be in communication with each other so all these causes can go toward something that affects everybody," she said. "We essentially doubled our impact."

The goals of the League are to coordinate event schedules, to be a place for first-year students to explore different causes, and to find points where causes intersect, so clubs can work together, Bailey said.

"It's sort of to have a communal calendar so we can plan things accordingly, and not have two different events on the same day," she said.

Leaders from the different groups came together from Aug. 21-23 for a social justice retreat on Isle LaMotte, where they shared their causes and concerns, Bailey said.

The idea for the summer retreat, which would eventually lead to the formation of the League, came from Director of Multicultural Student Affairs, Moise St. Louis, professor Patricia Siplon said.

"He and I were having lunch, and he had this brilliant idea that we should do this social justice retreat," said Siplon, faculty adviser for the Student Global AIDS Campaign.

Although St. Louis is excited

about the Social Justice League, he does not want to take too much credit, because it is ultimately a product of the students, he said.

"I don't want to own the idea," St. Louis said. "For me, it was a way to get people who care about their world in the same room, talking."

For St. Louis, the highlight of the retreat was observing student passion, he said.

"The most moving thing was watching people sit around a bonfire early in the morning, talking about why they value social justice," St. Louis said.

Some of the topics touched on at the retreat include Catholic social teaching, activism and coalition building, Bailey said.

After the initial excitement of the retreat, the League is faced with the tasks of recruiting first-year students and planning events.

It can be hard for first-years to pinpoint how they want to be involved, but the League might serve as a catalyst, Siplon said.

"Especially with new people, they have a sense that they want to help and want to work on things, but they're not quite sure what the possibilities are," she said.

Siplon's sentiments were echoed by Meghan Jaird, of the New Sudan Education Initiative.

"Maybe first-years who are interested in social justice but they don't really know what their niche is yet, they can see the Social Justice League and see the programs" Jaird said.

To reach out to first-years, the Social Justice League will "piggyback" with MOVE in going into first-year seminars to explain the group's mission, Siplon said.

Inspired by the most recent retreat, it has become a goal to organize a pre-orientation social justice retreat for incoming first-years, St. Louis said.

"I think a lot of students are involved in high school with social justice," he said. "(A retreat) would be a way for them to continue that involvement at St. Michael's."

Meet the Social Justice League:

- ▶ Student Global AIDS Campaign
- ▶ New Sudan Education Initiative
- ▶ Green Up
- ▶ MOVE
- ▶ Student Trade Justice Campaign
- ▶ Student Labor Action Movement
- ▶ MLK Jr. Society
- ▶ Diversity Coalition
- ▶ Fix it With Five
- ▶ Common Ground
- ▶ Peace and Justice Club
- ▶ Alliance of Students Against Poverty

COLUMNS

Diary of a broken phone

Weekends at St. Michael's can be brutal on cell phones. We've all done our share of drunk-dialing and texting, and who can say their phone hasn't sustained extra wear and tear during a rowdy Friday night? But the first weekend back proved to be fatal for my own cellular device. There it was, minding its own business in my hand as I called a friend back home. As if acting on a death wish, it suddenly dove into a red Solo cup where it met an untimely demise.

I can't explain the horror I felt the next morning when I had to accept that my LG Tritan was indeed dead. It wasn't even 3 months old. It was the most high-tech phone I'd ever

possessed, and there it lay—an empty shell I had been using to communicate with the world.

When did a cell phone become such a vital part of my existence? I'm not entirely sure. All I know is that I've gone over a week without one and it's sad to admit, but I've never felt quite so powerless.

Aside from the fact that I can't call family and friends instantaneously, not having a

cell phone complicates so many other aspects of daily life. For example—an alarm clock? I haven't used one of those since high school when my first alarm-equipped phone made the archaic, buzzing beast unnecessary. For the past week I've endured the monotonous blaring of the old school alarm clock I bought from the SMC bookstore.

Then there's Web browsing. This was the first device I've had that was capable of getting online, but in that short time I had already grown so accustomed to mobile Web browsing that it simply became second nature to me.

How about an address book? I think I speak for most when I say that the practice of memorizing peoples' numbers is long gone; my friends and family change phones and numbers so frequently, who can keep track? Even the way we exchange

numbers these days doesn't exactly facilitate memorization—most of the time the 10 digits aren't even spoken aloud, it's usually a 'Here, store your number in my phone,' or a 'What's your number? OK, now I'll call you so you'll have mine.'

Not having my phone has made me realize just how few numbers I actually know by heart. Even after IT hooked me up with a landline, there were few people for me to call. I might add that getting a landline for my room did require a special request with IT (this year St. Michael's axed its campus voicemail because most students have been relying strictly on their cells). I was aware of this before I returned this semester, but made no prior arrangements to install a landline; I had a cell phone after all.

Don't even get me started on text messaging. With an unlimited texting plan and a full keyboard, I was a texting fiend. There wasn't a thought in my mind that couldn't be expressed in a 160-character message to my friends, my sister, even my Dad. One might say, "Write a letter!" Our generation often takes the heat for putting the nail in the letter-writing coffin. But to be quite honest, my handwriting is atrocious and there wouldn't be much point in writing a full-fledged letter and paying for postage just so my friend could, days later, receive the "Anchorman" quote that had randomly popped into my head and made me think of her.

Another slightly shameful truth of this cell-phoneless life is the phantom vibrations. Though it's not quite the same as losing an appendage, the device that had become an extension of myself still haunts the inside of my pants. You'd think I'd be used to having less weight in my pocket by now, but every so often I swear I can feel the sensation of a vibration—an incoming call, a message received.

Now, I know I'll survive this period of hardship and lack of instant communication, I could be using this time to detox from technology and re-evaluate the importance I had placed on my cell phone—but I can't help but fantasize about the new phone I'll buy myself should my wireless provider tell me it won't replace my LG Tritan free of charge. Maybe I'll try out the new BlackBerry.

Protesting the protest

I saw "The Laramie Project" for the first time in 2002. I was introduced to the Westboro Baptist Church. Their leader, Pastor Fred Phelps, was the guy picketing at Matthew Shepard's funeral with signs stating, "God hates fags," and, "You're going to hell." I left the theater that day feeling like my world had been turned upside down. I knew that there were people in the world who didn't agree with homosexuality, but I had no idea there were those so literal and blunt about their hatred.

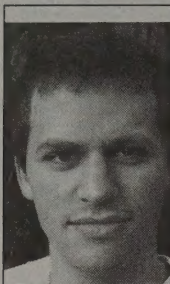
As I grew up, went to college, came out and continued to educate myself, I came to a couple of realizations: Some people will always be homophobic, and Fred Phelps is sadly still alive and kicking. At 79 he continues to stay vocal about his hatred of all people who aren't, well, him. If you are gay or support the queer, Jewish, or African-American communities you are going to hell. According to him, priests rape boys and 9/11 did the world some good because it killed people he deems inferior.

When I heard that his daughter Shirley Phelps and other Church members were coming to Vermont to protest gay marriage on Sept. 1st, I was extremely interested. I didn't want to give them more attention than they deserved, but I also felt that it was important to see these people "in all their glory." With a handful of St. Michael's students, I went to Burlington to counter their protest. Having never encountered this type of discrimination, I was apprehensive about facing their deep seated hatred head on. They had protested in Montpelier earlier that day; we encountered them outside of a synagogue. They stood there with their signs, shouting their bigoted and homophobic slurs. Once I got over the initial shock of seeing these people in Vermont shouting "God hates fags,"

everything simply became comical and sad. I found myself in disbelief, laughing nervously—what they think is so deluded and absurd that it was difficult to know how to respond. Envision a poster with a very large burger and where the bottom half of the bun should be, there is instead a baby lying horizontally in the fetal position. The top of the sign read "Bitch Burger." When I asked someone near me how this could be relevant to their protest, he said, "Well apparently, we're so evil that when we run out of food we'll be forced to eat our own children." I mean, how do you even respond to that? After a while you feel like there's nothing more to do but go on your merry way. Their words become meaningless—far too Bible based and driven by irrational fear to have any shred of truth.

I am still unsure why they thought that coming to Vermont would be worth their time. Perhaps they felt they could save us or change some minds about same-sex marriage. However, it's difficult to be open to change when it's being forced down your throat—they were far more interested in shouting at us with closed ears than they were in actually talking. When one kid tried to go over and ask them a question, they took one look at him and said, "You're a Jew? You're going to hell." Herein lies the difference between us and them. Speaking personally as a lesbian, I'm not out to recruit anyone, I don't want to convince anyone that my way is better, or tell them that they can't be married to their heterosexual partners. I just want to go on living my life with the same rights as everyone else. For all I care, Fred Phelps can go on preaching his hateful sermons on Sunday if that makes him feel better, just stay away from me and my friends.

Erika Ahbel is a senior education, anthropology/sociology major. Contact her at eahbel@smcvt.edu

COLUMNS
EDITOR

James Dillon
III

GUEST
COLUMNIST

Erika Ahbel

Wednesday 9/16

MOVE- Correctional Volleyball
5:30 p.m. - 7:30 p.m.

LINK- 8 p.m. - 9 p.m.

Diversity Coalition- Meeting 7 p.m.

Higher Ground- 'Cinderella' auction
6 p.m. - 10 p.m. \$8-10

Thursday 9/17

MOVE- Correctional Volleyball

5:30 p.m. - 7:30 p.m.

MLK Jr. Society- Meeting 6:30 p.m. (Eddie's Lounge)

Higher Ground- Plain White T's, Villanelles
7:30 p.m. \$15

Friday 9/18

Radio Bean (Burlington)- Uncle Dirty's Late Night Comedy Revue
11:45 p.m.

Red Square (Burlington)- Gordon Stone Band
6 p.m.

Salsalina Studio (Burlington)- Argentinean Tango
7:30 p.m. - 10 p.m. \$5

Sunday 9/20

Mass- 11 a.m. and 7 p.m.

Wilderness- Rock Climbing I
8 a.m. - 4 p.m. \$10

Wilderness- Moss Glenn Falls Day Hike 12 p.m. - 4:30 p.m. \$5

Saturday 9/19

Wilderness- Mt. Abraham Day Hike 8 a.m. - 4:30 p.m. \$5

Burlington City Hall Park- Burlington Farmers Market
8:30 a.m. - 2 p.m.

Higher Ground- Third Saturday Dance Party with DJ Alan Perry
9 p.m. \$7-10

Tuesday 9/22

Miller Community and Recreation Center- Laughter Yoga 8 a.m. - 9 a.m.
The Monkey House (Winooski)- Hip-Hop Open Mic with Dakota 10 p.m.

Monday 9/21

Pontigny Society- meeting
11:45 a.m. (Upper Room)

Interfaith Gather- meeting
5:30 p.m. - 6:30 p.m. (Alliot)

Spanish Mass- 7:30 p.m.

The Monkey House (Winooski)- Adam Reczek CD Release 9 p.m.

SPORTS

Knights have international flavor

Teams boasts 40 athletes outside Northeast Region

By Anthony Bonvechio
Fact Checker

With the fall athletic season under way, the 2009 St. Michael's College rosters hold 40 student athletes from outside of the New England and New York area, 10 of whom come from outside the United States.

The Knights draw from four countries and 13 states outside of the Northeast, from Pennsylvania to Alaska. Maryland leads the pack with six athletes. North Carolina and Pennsylvania each have four representatives.

The college's international reach stretches as far as France and England, with Tomas Piotrkiewicz and Tom Ward representing their countries on the men's basketball team, respectively.

Rondel Ward (men's soccer) and Kemi Brewster (field hockey) are natives of Barbados, the easternmost Caribbean island. Brewster comes from the country's capital city, St. Michael.

Ward noticed the athletic and social differences from his first day with the soccer team.

"It's a lot more intense and a lot more running," Ward said. "There's a lot more strategy involved. The game is the same, but people play differently. People hold the ball and run with it a lot more in Barbados."

The shock of playing in Vermont's frigid fall weather took some getting used to, Ward said.

"When I first got here it was really hard to breathe when we ran," Ward said. "It was cold a lot, but I got accustomed to the weather in the first couple weeks."

"I love it here," Ward said. "It's a really tight community, and I've got a great group of friends. It's a great place to be."

Canada leads the international influx, with

six of the 10 international athletes coming from our northern neighbors. Four of the Canadians play hockey.

Just a Great Lake away from Canada lives Tyler Schilling, one of two men's basketball players from Minnesota along with teammate Nate Birr. Schilling chose St. Michael's for its unique atmosphere, he said.

"It was little change of scenery," said Schilling, who had never been to New England before college. "I thought it would be a different experience and a good opportunity to see what else was out there."

The chance to play Division II basketball played a huge part in Schilling's decision to attend St. Michael's, he said.

Nearly one out of five St. Michael's students participate in varsity sports, said Associate Athletic Director Chris Kenny. The number of athletes fluctuates from 360 to 375 each year according to maximum roster spots, but the exact total is difficult to pinpoint because winter and spring rosters are not finalized, Kenny said.

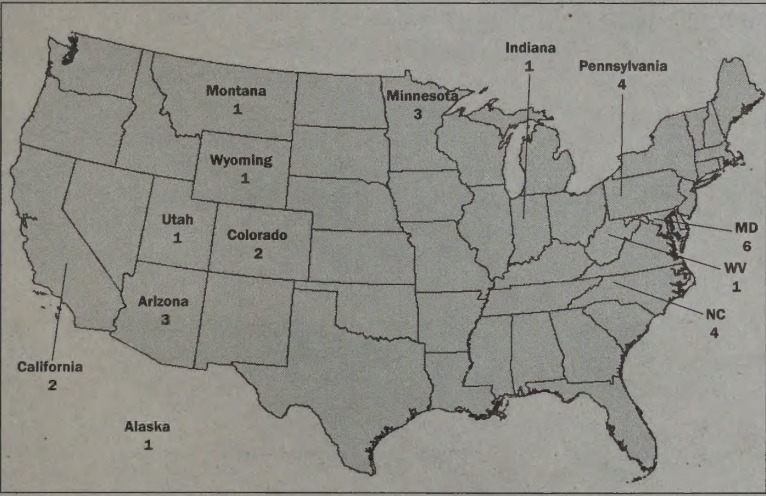
Seth Cole, the college's sports information director, estimated that about 12 percent of all Purple Knights hail from outside the Northeast-10 Conference region. The NE-10, St. Michael's main conference affiliation, consists of 16 institutions throughout New England and New York and sponsors 23 varsity sports.

"It's a nationally respected conference that we're lucky to be a part of," Cole said.

"Considering that we're not giving out athletic scholarships with the exception of basketball, I would say that number is quite high," Cole said of St. Michael's multi regional population. "To get 12 percent from outside of that region says a lot for our coaches who are reaching outside our geographic boundaries to attract quality student athletes."

Where they come from

St. Michael's has 40 student athletes that hail from outside the Northeast-10 Conference region; 10 are from outside the United States.



Purple Knights Update

Team	Conference	Overall
Men's Soccer	1-1	5-1
Women's Soccer	1-4	0-2
Field Hockey	0-0	2-4
Volleyball	0-1	3-2
Golf	0-0	2-0
Women's Tennis	2-0	2-0
Men's Tennis	0-0	0-0

This Week's Schedule

- ▶ Tuesday, Sept. 15: Women's Soccer vs. Franklin Pierce, 4 p.m.
- ▶ Wednesday, Sept. 16: Field Hockey vs. Mass-Lowell, 4 p.m.
Volleyball vs. Mass-Lowell, 6 p.m.
- ▶ Friday, Sept. 18: Volleyball at Middlebury, 7 p.m.
- ▶ Saturday, Sept. 19: Field Hockey at Stonehill, 1 p.m.
Volleyball at Felician, 1 p.m.
at SNHU, 3 p.m.
Men's Soccer at Southern Conn. St., 1 p.m.
Women's Soccer at Southern Conn. St., 4 p.m.
XC at Panther Invitational, 1 & 2 p.m.
- ▶ Sunday, Sept. 20: Women's Tennis vs. Adelphi, Noon

TRAINER: Murdock newest member of athletic department

Continued from Page 12

Working side by side with Moore has also made Murdock's transition all the more seamless. He, too, scratched his head when he thought of Moore getting through last spring.

"Jess is the plus of all pluses; she has been fantastic," Murdock said. "We think a lot alike so it's exciting to come in every day and see how we're going to do things."

Moore feels the mutual respect and looks forward to working as teammates to meet the challenges of a new year.

"He has some fresh and new ideas with policies and procedures that will take the training room in the right direction," Moore said.

Fall athletes have already noticed some changes being made and have experienced the knowledge that Murdock possesses. Field hockey senior Laura Heil and junior Natalie Elvidge made their way to the Ross Sports Center training room after preseason triple-sessions.

"I went in and told him what was up with my an-

kle, and he told me exactly what was going on," Heil said. "I was like, 'OK, this guy knows what he is talking about.'"

Elvidge recalled a similar encounter but noticed immediately how much more organized and efficient the training room had become with a new flow plan to get athletes in and out quickly and a sign-in system.

Sara Reney, a junior member of the volleyball team, has frequented the training room this fall working with Murdock to find a treatment for some nagging injuries.

"I've had this same injury for my first two years here so we've just been trying different things until we found one that worked," Reney said.

When any student athlete comes into the training room, the goal is to get them back out onto the field or court as soon as possible. To do that, Murdock has a go-to system that he calls his "three C's – communication, consideration and common sense."

"I tell student athletes that I am a resource to help them get better," he said. "I put it back in the athletes' hands giving them the education and the tools to help themselves get back out there."



Healthy dose of sports medicine

Amid news of a struggling economy, the latest American soldier death toll in Iraq and the political struggles of finding an acceptable health care system, there remains one thing that manages to stay clear of it all. It's in a world of its own, if you will.

Sports offer us a refuge, a little sliver of good when all we ever hear about is the bad. And even when the tragic and depressing stories constantly bombard our world, we can venture into a world that embraces the bad and transforms it into something positive.

I remember several days after the horrible 9/11 tragedy, Major League Baseball used the world in mourning to create a game that represented a national fortitude suggesting that no transgression, however terrible, will be able to shake the spirit of America that is so engrained in its sports. Former President George W. Bush threw out the first pitch at Yankee Stadium and players donned 'FDNY' and 'NYPD' baseball caps. Do you remember seeing the tears flow from NFL players as the national anthem played before each game? I do. Consider the aftermath of the Virginia Tech shootings. Professional athletes across the country renewed their "Hokie" pride, wearing purple and orange hats and even their old college jerseys.

Sports can afford athletes the opportunity to play for something larger or more important than the game itself. Take, for instance, the digits that football players wear on their eye black. Some are Scripture verses, others are home state area codes, and still others are the initials of fallen loved ones. Many players point to the sky after they score a touchdown or hit a homerun. Tattoos, armbands

and undershirts all mean something.

This summer, I worked as an intern with the Vermont Lake Monsters, a class-A minor league affiliate of the Washington Nationals. One of our players took it upon himself to visit a child in a nearby hospital who had been diagnosed with cancer. He signed autographs and even got several of the players together to go pay the youngster a visit and invite him to a game. It reminds me of one of the feel-good stories of the year in the MLB. New York Yankees outfielder Brett Gardner visited a children's hospital in New York where an ailing girl who needed a heart transplant gave him a bracelet. She told him that if he kept it he would hit a homerun. Sure enough, Gardner smoked a two-out, inside-the-park homerun, and that same night, the girl received her heart transplant. A bracelet was able to unite Gardner and his friend and it was her baseball hero that gave her a little hope to get through a trying time.

In this tough economy, sports also helps to relieve some stress, whether one is playing or just going to watch their favorite athletes. People are losing their jobs but they still manage to find the positive entertainment in watching a highlight-reel dunk or a grand slam. There is more to the games we play than the win column. Sports can bring a nation together. Sports can bring a family together. Sports can bring athletes together for a single cause greater than any pay-check.

And it is these same sports that can help us get through our own trying times whether it is money troubles, relationship problems, or nerves about an exam tomorrow in Modern Civ. Take a step back from the bad and get a healthy dose of some real sports medicine.

SPORTS

Sisters reunite

Dalton sisters fourth set of siblings to play on women's tennis team

By Lauren Menno
Photo Editor

The start of the new tennis season comes with the reunion of the Dalton sisters. Senior Catherine Dalton and first-year Alex Dalton will play tennis together once again and aid in the success of the women's tennis team.

The Dalton sisters have been playing tennis forever, they said. In high school the sisters played No. 1 and No. 2 singles for their team. They were always competitive but never let the game come between their relationship, they said.

"I think it's really good to have a sibling on the team because no one else would tell you the actual truth," Catherine said.

"I agree," Alex said. "We are always cheering each other on but we aren't afraid to critique each other's games, either."

St. Michael's was one of two schools Alex applied to, she said. She has been watching Catherine's matches for three years now and always knew she wanted to come to St. Michael's.

"I love it here," she said. "Everyone is so welcoming, and it really helps to have my sister."

Women's tennis coach Greg Cluff recruited both sisters, he said. He has known Alex for three years and was excited when she decided to attend St. Michael's.

"When we play Stonehill, the Daltons live in Easton, so their parents invite us over for spaghetti after the match, and so on and so forth, so I've known her informally for a while," Cluff said.

Team members are very close and get



Senior Catherine Dalton (right) and first-year Alex Dalton work on their doubles game at practice on Sept. 9.

along so well with one another, Cluff said. Tennis is a unique sport because the girl's on the team are actually competing with each other for the best spot, he said. Catherine and Alex have been getting along great during the team's first few practices.

"I think probably the fact that they also did this in high school when Cath was a senior and Alex was a first-year probably prepared them for it," Cluff said.

Senior Lindsay Horne is recovering from a torn rotator cuff, while junior Deahna Giguere is studying in South Africa. Horne played No. 1 and Giguere played No. 2 so the team will be down integral players, he said.

"There's absolutely no question that we will not be as strong a team in the fall

as we will in the spring," Cluff said.

Horne has begun physical therapy and is involved with the team as much as she can be, she said. She helps with practice and goes running with the team whenever she can, she said.

"Right now I am focusing on getting my arm better because that is what my team wants me to do," Horne said. "If I slack off now then I won't be able to play in the spring."

The chemistry between the two sisters is great.

"It's nice to see sisters playing together. It makes me wish my sister played here with me," Horne said. "There is always a sense of competition with siblings, but once the game is over you can go

home and be sisters again."

Catherine and Alex both agreed that Horne and Giguere will be greatly missed, they said.

The women's tennis team opens the season Saturday, Sept. 12, against St. Rose and Le Moyne, Cluff said. They will be traveling overnight and spending the week-end in New York, he said.

"I find that it is really nice to have the first matches of the season away because you know they spend so much time together as a team and they really get to be comfortable," Cluff said.

The team's goals are the same as every year, Cluff said. The most important goal is to have fun, the second is to do well in class and the third one kind of related to tennis is just really simply to try to give your best effort in every single day in practice and then in every match. We firmly believe the results will take care of themselves."

This is one of the largest tennis teams in St. Michael's history, Catherine said. With 11 members, including Giguere and Horne, there is a great amount of talent and drive.

"Coach said this is the strongest team St. Mike's has ever had," Catherine said. "It is exciting to be a part of that."

► Check out the Dalton sisters in action Sunday, September 20 as St. Michael's takes on Adelphi at noon.

Murdock takes reins of SMC athletic training

New head athletic trainer will bring change and experience

By Pete Estes
Sports Editor

Last spring, in the absence of a head athletic trainer, Jess Moore taped ankles, wrapped ice, stretched muscles and worked extensively with every team at St. Michael's by herself.

"I really don't know how I did it," Moore said as she looked on at a recent men's soccer practice. "I had to take care of the student athletes, so I made it work."

This year, Moore will have an extra set of hands to help her in the training room. Over the summer St. Michael's hired a head athletic trainer. After more than a decade at the University of Vermont, Jim Murdock became the newest member of the St. Michael's athletic department.

Zaf Bludevich, senior associate athletic director and the St. Michael's head athletic trainer from 1975 to 2004, recognized the need for another member of the training staff and began to take applications in May. He chaired a selection committee that reviewed and interviewed several very qualified applicants, he said.

"We ended up making an offer to Jim, and he accepted," Bludevich said. "And we are psyched."

Bludevich cited Murdock's experience as head athletic trainer at UVM along with his thirty-plus years of field work and his familiarity with the area as reasons Mur-

dock would be such a good fit at St. Michael's.

The challenge to come to a smaller school, evaluate the training program and see what works and what needs improvement drew Murdock to St. Michael's, he said.

"Part of it was that I wanted to get out of Division I because I think I really had my fill," Murdock explained. "I know a lot of the coaches here, I have done camps and clinics here, and I wanted this challenge."

His decision to leave UVM was motivated in part by frustration with the athletic administration, and as he observed, an apparent lack of loyalty between the athletes and the administration.

The elimination of the varsity baseball and softball programs was the final nail in the coffin, he said.

"I had a blast working with all the student athletes over there and all the student athletic trainers, but the baseball thing, the way it was handled, just didn't sit well with me" Murdock said.

Andrew Eames, an athletic training student from UVM who also completed a clinical semester working in the St. Michael's training room, participated in a class taught by Murdock-Care and Prevention of Athletic Injuries. Eames recalls the knowledge that Murdock was able to pass on as well as Murdock's unique approach to different types of injuries.



Photo by Miranda Jonswold

New head athletic trainer Jim Murdock examines junior volleyball standout Sara Reney.

"He was absolutely brilliant," Eames said. "He comes up with amazing rehabs and treatments that you would have never thought of, and he works so well with all the teams."

The transition to St. Michael's has been fun, getting to know the culture and how things have worked here in the past, he said. Murdock was quick to mention the coaching staff and how the communication between them is genuine, a rare occurrence

at a lot of bigger schools.

"I know when I was at UVM by the time I left, there were so many new faces I didn't know anyone," Murdock explained. "I already feel comfortable talking to all the coaches, and that takes away a lot of trepidation in taking a new job."

See **TRAINER**, Page 11.